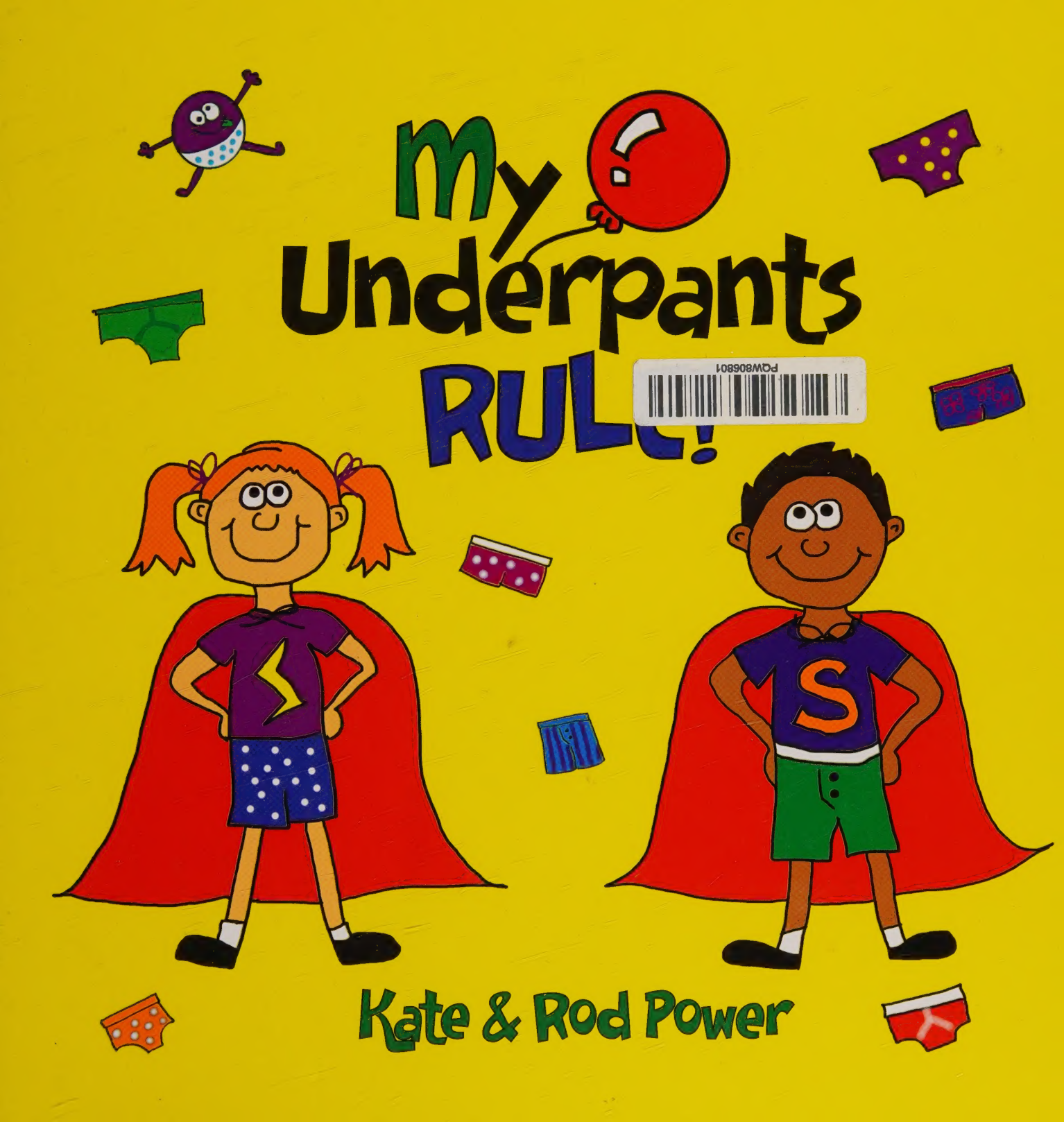
My Underpants RULE!
Kate & Rod Power

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How to use this book

If you're reading this you obviously care about at least one child and want to **empower** them to deal with difficult situations. That's what **My Underpants RULE!** is made for! Although it is presented in a lighthearted way, it is designed around solid **principles of effective learning** so children can easily take away its very important message.

We know its content can be tricky to navigate as a reader, and how you deliver the message has an impact on the learning process. So here's some helpful advice to make your job easier.

Tip 1: Make it **fun and interactive**! Use the content to engage your child. Really ask the scenario questions, **let them think** before they answer, then move forward. Resist giving them the answers.

Tip 2: **Repetition** is one of the most important principles of early learning. Every time you come to **My Underpants RULE!** whether in full or in part, encourage your child to **repeat** each line after you. Work towards the point where they can say it at the same time as you and even better, **say it by themselves** (it's surprising how quickly they pick it up). When they can do that, you know they are well on the way to **My Underpants RULE!** being something they **remember for life**.

Tip 3: Similarly, read **My Underpants RULE!** with them regularly - once or twice a month. The more you read it together, the more its lessons will stay with your child.

Tip 4: Use the book to **create a conversation**. Over time your child may become curious about different aspects of the content, so **be guided by your child** on how far they need to go into a subject (which also makes it easier for you).

Tip 5: **Talk to others** about how you're using the book. Share tips between each other to gain inspiration. Visit our website **www.myunderpantsrule.com** for more ideas.

My Underpants RULE! is not a guarantee your child will avoid difficult situations. However, education is the first step in **empowerment**. At the very least, you will forewarn your child of potential dangers without unnecessarily alarming them, and reinforce the importance of **speaking to someone they trust** should anything happen. As parents ourselves, we hope your child never needs to.

Kate & Rod Power

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For further enquiries or to join the movement, please visit:

www.Myunderpantsrule.com

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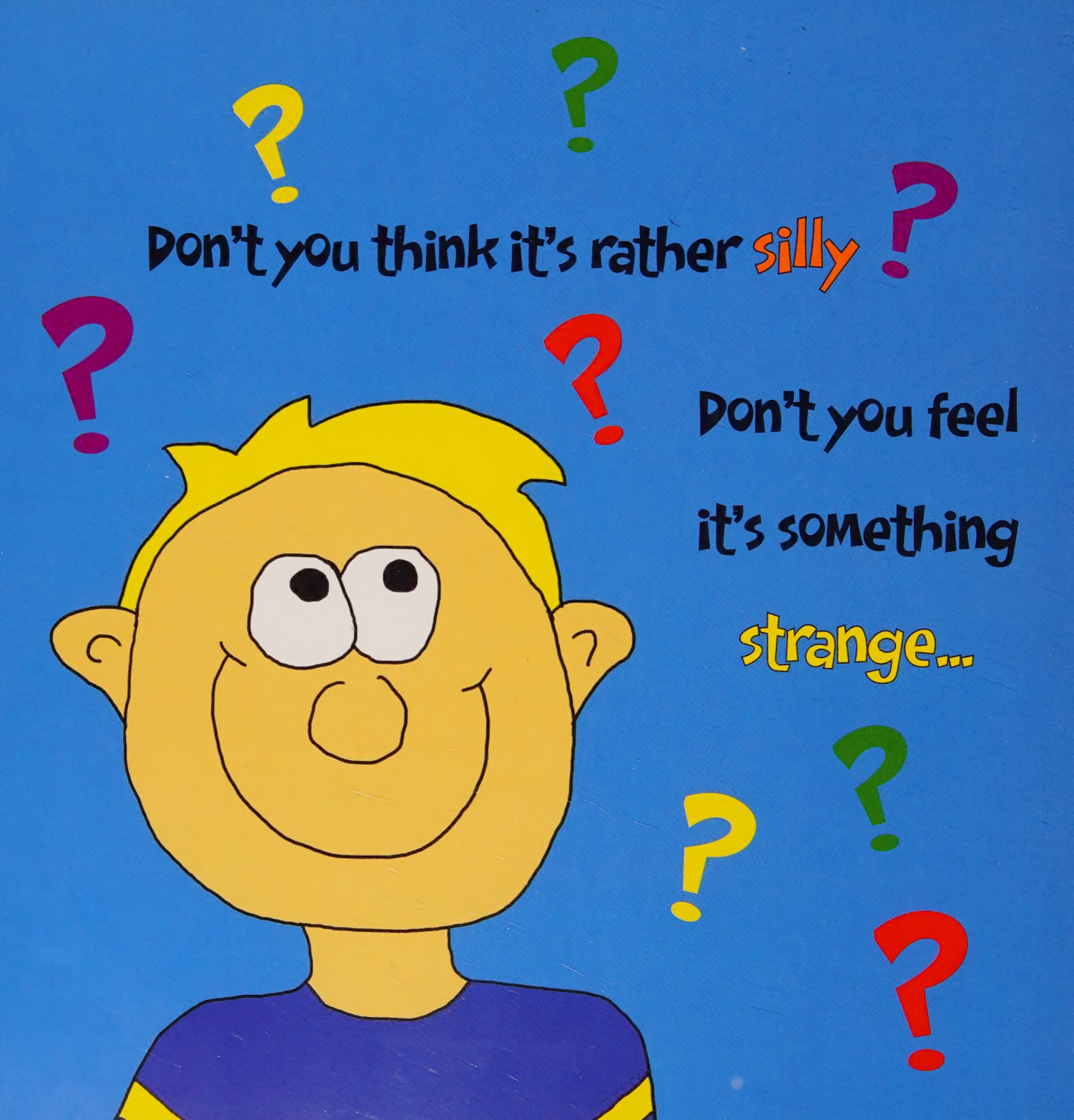
Kate & Rod Power


Don't you think it's rather silly ?
Don't you feel
it's something
strange...

How the things inside your underpants have lots of FUNNY names!

cupcake

vagina

anus

Willy

Balls

private parts

bum

girlie bits

flower

thing

backside

fanny

Pee Pee

testicles

bottom

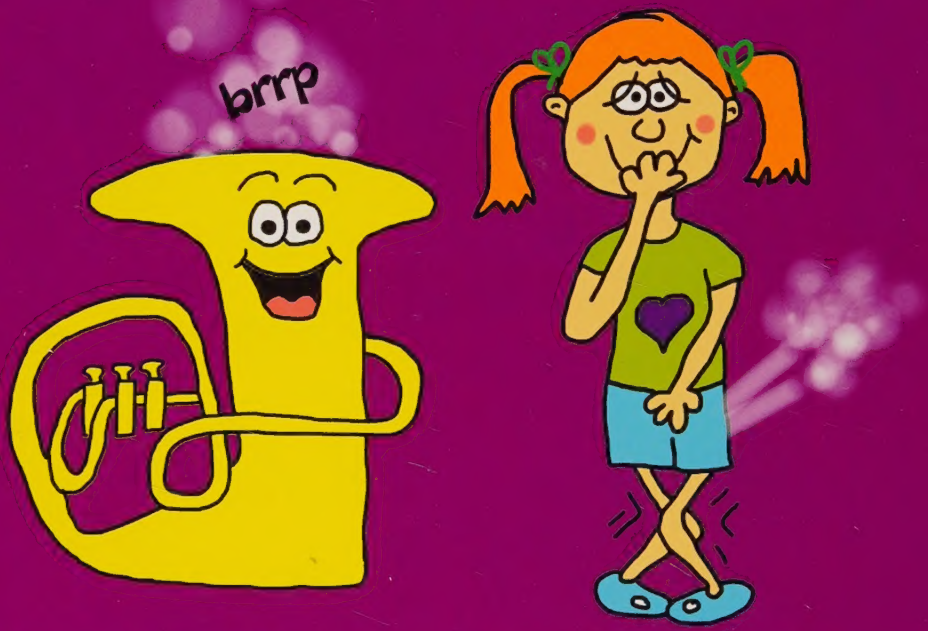
PENIS

BUTT

FOO FOO

Don't you think it's even stranger

They make funny noises too?



Yes, you know we're talking about

The things that fart and pee and poop!

But though these things are funny
We must be careful with their use
'Coz they're important to our body
And everything we do

It's good to know their proper names
And protect them all the time
So follow the Underpants RULE!
And LEARN this simple rhyme

What's under my pants belongs
ONLY to ME!
And others CAN'T TOUCH there
or ask me to SEE
My Underpants RULE!
But SAFE grown-up or doctor
when I'm
NOT HEALTHY
What's under my pants
belongs
ONLY to ME!

And if this rule's BROKEN

I can RUN KICK or SCREAM

Yes it's really OK

if I make a BIG SCENE

My Underpants RULE!
has been BROKEN
you see

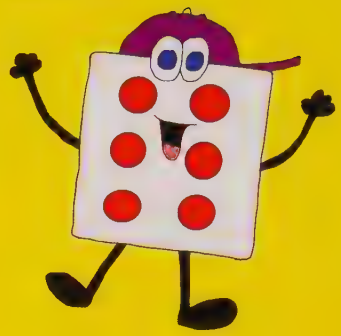
What's under my pants belongs
ONLY to ME!

So now you know the **Underpants RULE!**

Let's **play** a little game

Imagine these things happen

And tell me how you'd behave...



But remember as we do this

These probably **won't** come true

It's just important to be

READY

In case they ever do

Question 1:

Ask for an answer before turning the page!

Imagine someone bigger

Asks to see under your pants

What's the

Underpants RULE! tell you?

Should you

give them

any

chance?

NO!
NO!
NO!

What's under my pants belongs
ONLY to ME
And others CAN'T TOUCH there
Or ask me to SEE!

Question 2:

What if someone puts their hand on you and TOUCHES your private parts???
Would you let them do it???

Ask for an answer before turning the page!

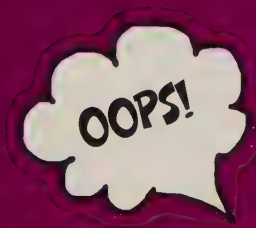
Or would you use your Underpants SMARTS?

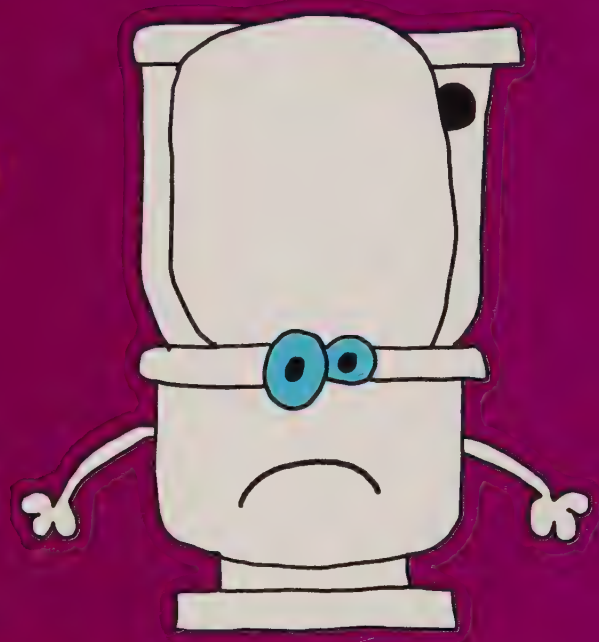
NO! NO! NO!

And if this rule's
BROKEN
I can RUN
KICK or
SCREAM
Yes it's really OK
if I make a BIG SCENE
My Underpants RULE! has been
BROKEN you see
What's under my pants belongs ONLY to ME!

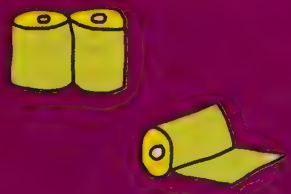
Question 3:

Now what if you're having trouble
With your farts,
poops
or pees?



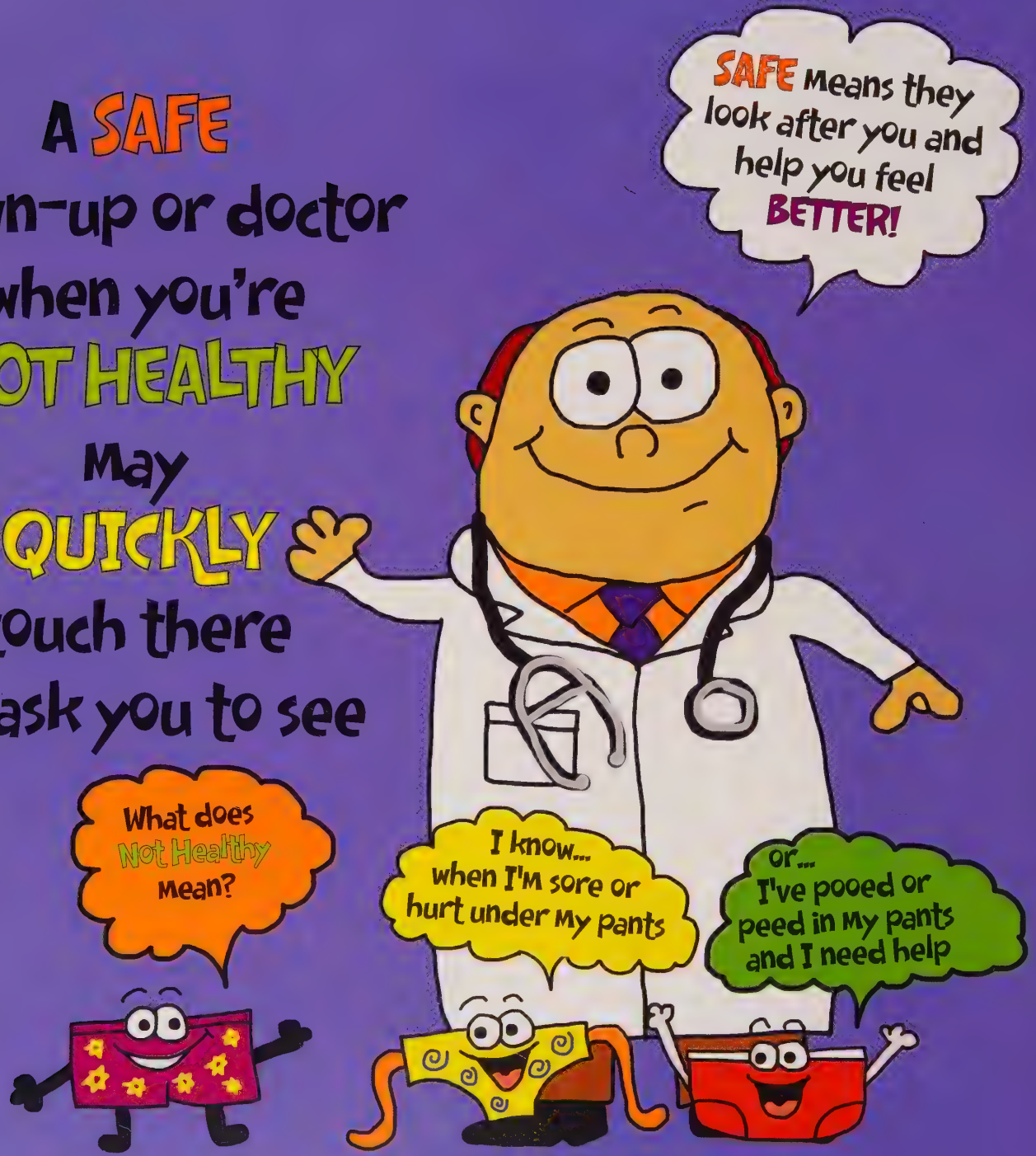


Or you're sore
under your pants
Should anyone touch or see?



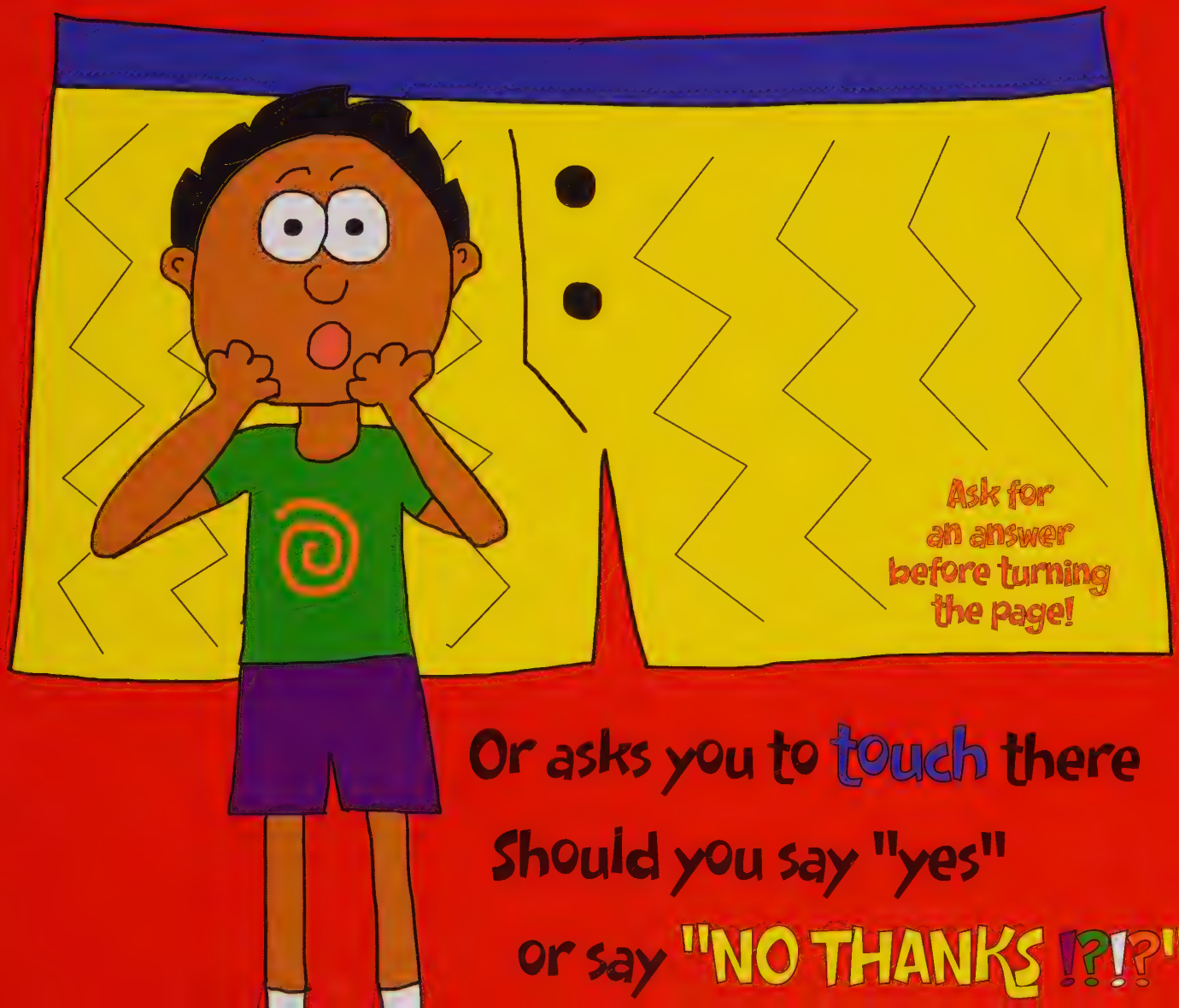
Ask for an
answer before
turning the page!

A SAFE grown-up or doctor when you're NOT HEALTHY May QUICKLY touch there or ask you to see


SAFE Means they look after you and help you feel BETTER!
What does Not Healthy Mean?
I know... when I'm sore or hurt under my pants
or... I've pooed or peed in my pants and I need help

Question 4:

What if someone shows you
the parts under their pants,



Or asks you to touch there
Should you say "yes"
or say "NO THANKS !?!?"

NO! NO! NO!

What's under THEIR pants belongs ONLY to THEM
So looking or touching
Breaks THEIR RULE!
Again,
It's probably time to KICK, SCREAM or RUN
And straight away make sure you tell someone!

Question 5:

Finally, what if just by **ACCIDENT**
Your private parts get
touched?

Or someone sees
you just by **chance**?
Should you worry
all that much?

Ask for an
answer before
turning the page!

Well...

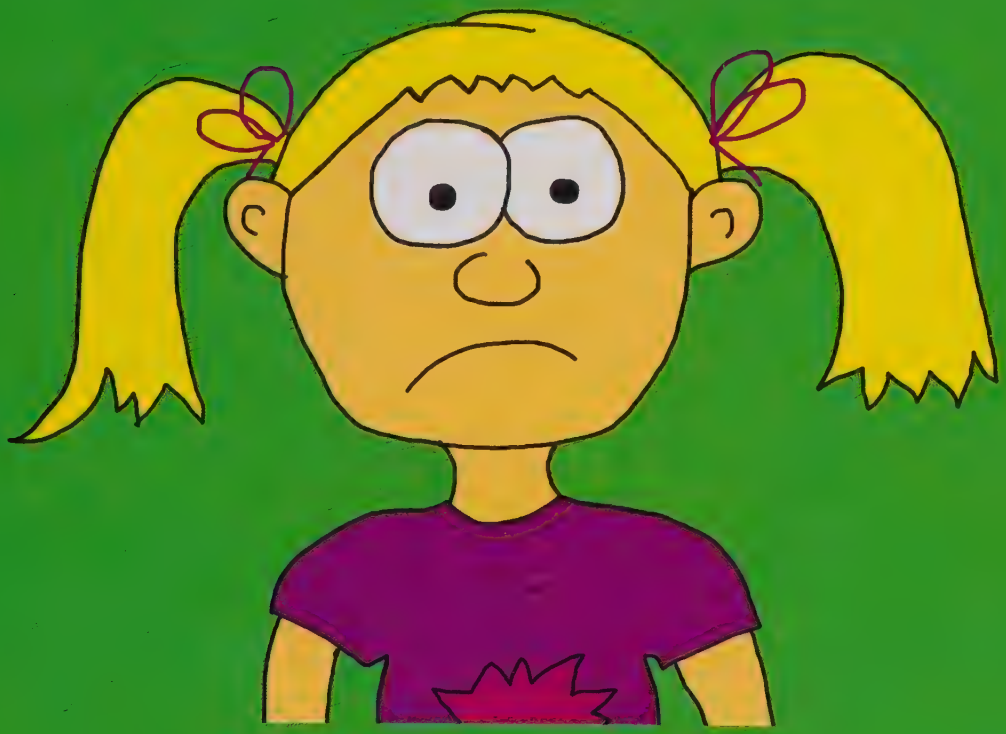
Accidents CAN happen when we wrestle, run or play

And we HAVE to take our clothes off

To wash ourselves each day

So the answer all depends

On how OK you FEEL



If you EVER feel that something's

WRONG

That's when you make a

BIG DEAL!

And if ANY of these things happen

ALWAYS tell someone you TRUST

Who wasn't there when it HAPPENED

And they'll help you work it out

AWESOME JOB!

Great Answers

It seems to me
you're
CLEVER

Because you
know now
what to do
But if ever you're
unsure

Just
remember
the
Underpants
RULE!

What's under my pants
belongs ONLY to ME!
And others CAN'T
TOUCH there
or ask me to SEE
But SAFE grown-up
or doctor when I'm
NOT HEALTHY
What's under my pants
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And if this rule's BROKEN
I can RUN
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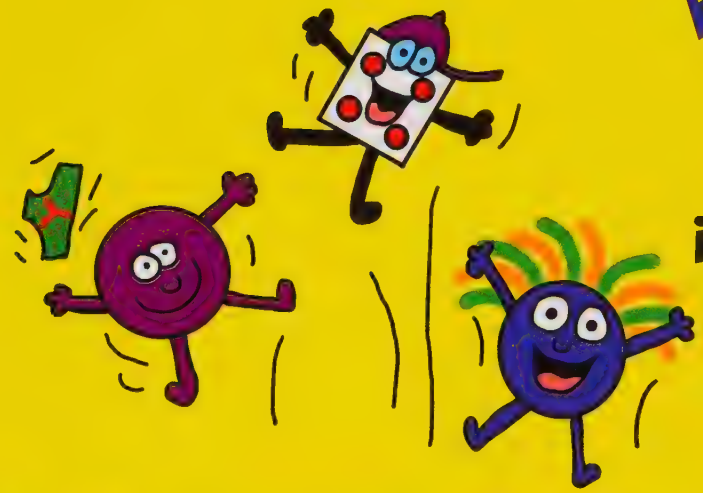

My Underpants RULE!
has been BROKEN you see
What's under my pants belongs
ONLY to ME!

There are things with funny names that make strange noises, but...

"What's under my pants belongs ONLY to ME!"

Imagine a world where 1 million... 5 million... 10 million chidren knew and understood this and what to do if anything happened to them. This book is a fun and easy way of empowering children to deal with difficult situations and to learn their **Underpants RULE!**

Kate Power is a former Police Officer, magical illustrator and mother of three. Her husband Rod is an expert in accelerated learning and ridiculous rhyme. Together, they understand how much children and parents need to be empowered in this often tricky topic.

To find out more go to

www.Myunderpantsrule.com

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